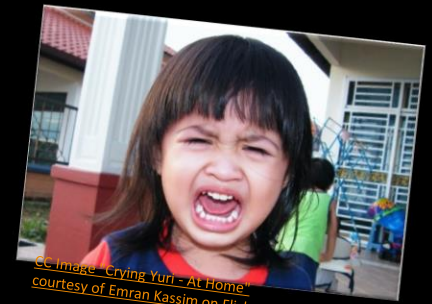




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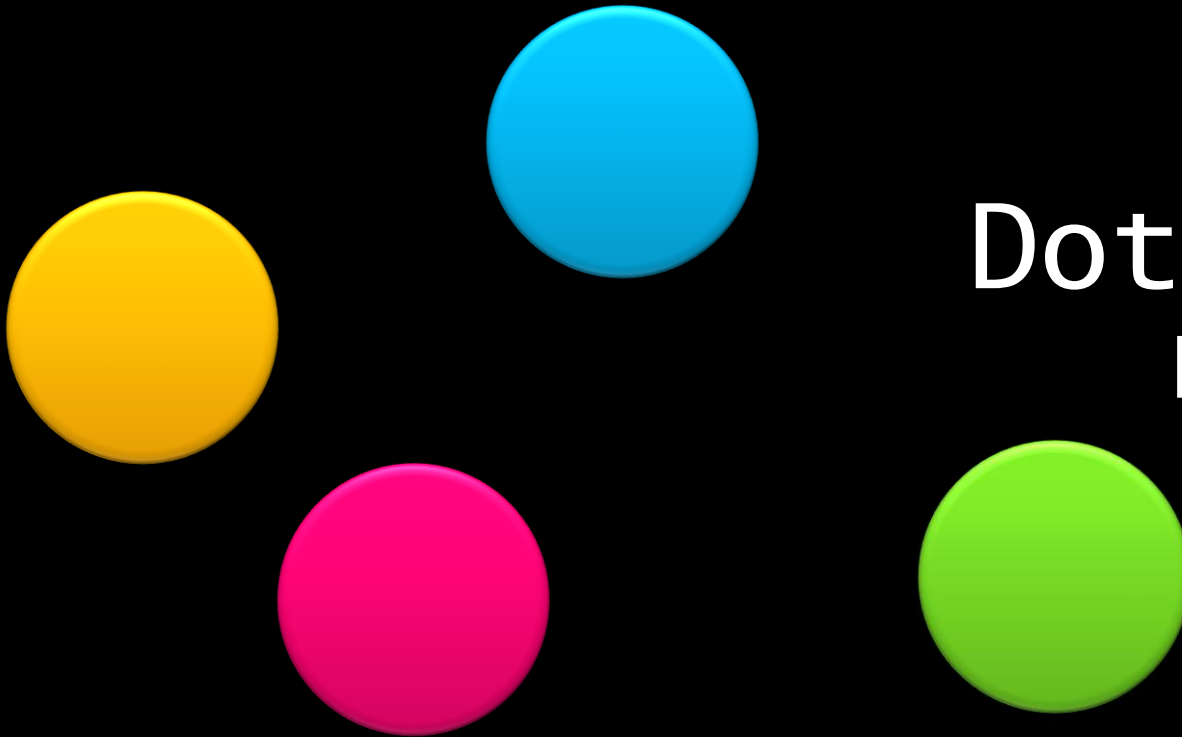


CC Image "Crying Yuri - At Home"  
courtesy of Emran Kassim on Flickr

## While we are waiting . . .

- Introduce yourself to the folks around you and ask them this question: “What is one strategy you use to save time in your blended/online course(s)?”
- Write the answer(s) in the “Notes” section,.

# What's In It For You?



Dot-Voting  
Page 2

A close-up photograph of a young child's face. The child has large, dark eyes and is looking directly at the camera with a neutral expression. Their face is covered in a thick, green, textured substance, likely mashed avocado or a similar food, smeared across the nose, cheeks, and chin. The background is blurred, showing a red object, possibly a piece of clothing or a toy.

**No Muss! No Fuss!**

How to  
become  
an online  
***STAR!***

[jsprangers@hennepintech.edu](mailto:jsprangers@hennepintech.edu)



**Hennepin Technical College<sup>SM</sup>**





Interested in preparing your course for QM review?

Wish to boost student engagement in your class without increasing your time commitment?

Come explore the connections between **LMS tools**, and **QM rubric** standards.

These hot tricks will get you on your way to meeting expectations while **saving time!**





The Moodle logo features a black graduation cap with an orange tassel on the left, followed by the word "moodle" in a bold, lowercase, orange sans-serif font.



*Desire2Learn* The Desire2Learn logo features the word "Desire2Learn" in a grey, italicized sans-serif font, with the number "2" in orange. To the right is an orange icon of a central circle connected to five surrounding circles.



**Quality Matters**

Higher Education

**2016**



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**moodle**



*Desire***2Learn** 









# TIME, TIME and MORE TIME . . .







Hey! Who's  
got the  
sunscreen?













moodle



*Desire2Learn* 

QAM<sup>®</sup>

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Program **2014**





**HANDS OFF SAVES TIME**

This Way



# THE SYLLABUS

# Course Materials

Print Settings

Add dates and restrictions...

Published

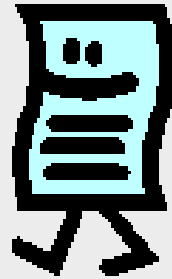






Image from Microsoft.com

New

Add Existing Activities

-  [Course Syllabus](#) ✓
-  [Course Calendar](#) ✓
-  [Dates-At-A-Glance](#) ✓
-  [Exam Information](#) ✓

Add a sub-module

# Course Materials REVISED

Add dates and restrictions...

✓ Published












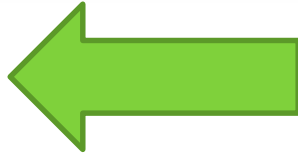






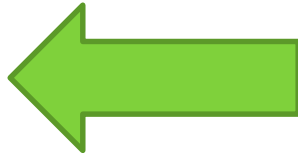









In this section of the course, you will find important course documents. Please take the time to thoroughly familiarize yourself with the institutional and course policies contained within these materials.

New Add Existing Activities Bulk Edit

Expand All | Collapse All

- ≡ SYLLABUS >
- ≡ Course Calendar >
- ≡ Dates-At-A-Glance >
- ≡ Examination Information >

☰ Course and Instructor Information ▾ 🌐 Web Page	1.7	
☰ Course Learning Objectives ▾ 🌐 Web Page	2.1, 2.3	
☰ HTC Learner Outcomes and Values ▾ 🌐 Web Page		
☰ Structure of this Course ▾ 🌐 Web Page	1.2	
☰ Instructor Interactions and Responsibilities ▾ 🌐 Web Page	5.3	
☰ Learner Interactions and Responsibilities ▾ 🌐 Web Page	1.3, 5.4	
☰ Textbook and Materials ▾ 🌐 Web Page	4.4, 4.5	
☰ Required Technology, Digital Literacy and Technical Skills ▾ 🌐 Web Page	1.5, 1.6	

 <a href="#">Course and Institutional Policies and Procedures</a>   Web Page	1.4	
 <a href="#">Academic Integrity</a>   Web Page	1.4	
 <a href="#">Grading and Grading Policies</a>   Web Page	3.2	
 <a href="#">D2L Information and Support</a>   Web Page	7.1	
 <a href="#">Learner Support</a>   Web Page	GS 7	
 <a href="#">Accessibility and Accommodations</a>   Web Page	7.2, 8.6	
 <a href="#">Copyright Information</a>   Web Page	4.3	
 <a href="#">Course Timeline/ Schedule</a>   Web Page	1.2	



19 of 42 Specific Standards  
8 of 23 Essential Standards

43 of 100  
points

43%





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# SYLLABUS



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**moodle**



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# Module 02 - The Chemistry of Biology


 Starts May 28, 2014 8:00 AM



Image from Microsoft.com



0 % 0 of 5 topics complete



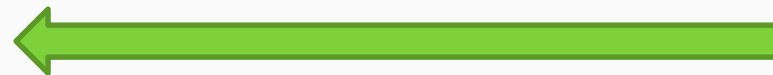
Module 02 Overview ▾



GO Module 02 ▾



Presentations ▾



Labs ▾



ASSIGNMENT: Metric Conversion Worksheet ▾





# Healthy Eating

## Introduction



Incorporating the principles of balance, variety, and moderation is fundamental to healthy eating. It is wise to have goals centered on having a diet consisting of a variety of foods (some in more moderate quantities), and the foods consumed must be balanced appropriately to meet individual needs. There are several excellent tools designed to help one plan and consume a healthy diet to meet those goals!

This module focuses on the key principles of healthy eating and the important tools that can be used in designing a healthy diet! As you progress through this module, consider your own food choices. Where do you fall on the “undernourished-to-over nourished” scale and what might you do to improve your diet?

## **Course Objectives**

1. Analyze the basic nutrients needed for a healthy diet
2. Apply principles of basic nutrition to individuals.

## **Module Objectives**

1. Identify the key principles of a healthy diet(CO 1)
2. Differentiate among nutritional terms used in the Dietary Recommendations and Implementation Tools (CO 1)
3. Recall the principles of the Dietary Guidelines for Americans (CO 1, 2)
4. Name the food groups that are part of the MyPlate tool and give typical foods that represent each group (CO 1, 2)
5. Analyze an individual diet in light of nutritional requirements and the MyPlate tool (CO 1, 2)
6. Identify the required components of a food label and interpret a food label (CO 1, 2)
7. Identify functional foods and give their role in a healthy diet (CO 1, 2)

## Learning Activities

To achieve the stated module objectives, complete the following:

1. View Module 02 Lecture Presentations:
  - a. “What Is Healthy Eating?” (MO 1-3)
  - b. “Choose MyPlate” (MO 4, 5)
  - c. “Food Labels and Functional Foods” (MO 6-7)
2. Read Chapter 02 in the Blake Text (MO 1-7)
3. View Video – [“Portion Sizes: Eating With Your Hands”](#) (MO 5)
4. Animation – Reading Labels (MO 6)
5. View Video- [Practical Nutrition Tips: Reading A Food Label](#) (MO 6)
6. View Video – [Practical Nutrition Tips: Understanding Food Claims](#) (MO 6)

## **Assignments and Graded Evaluations**

*Please refer to the Course Schedule for specific due dates for each of the items below.*

1. QUIZ Module 02 (MO 1-8)
2. Assignment: "Analyze A Food Label" upload to the Assignments Dropbox by the date listed in the Course Calendar (MO 6)
3. Assignment: "MyPlate" upload to the appropriate Assignments Dropbox by the date listed in the Course Calendar (MO 5, 7)
4. Material from this module will also be assessed on the Midterm Examination

## **Resources and Self-check Activities (These activities are optional)**

*These resources will help ensure your comprehension of this module*

- NutriTools: Build-A-Meal and Build-A-Salad Choose meal/salad components at the bottom of the page and receive a Nutrition Score at the bottom right. Click the appropriate button to get an explanation of your nutrition score!
- Test your knowledge of MyPlate with this interactive activity.
- FDA's "How to Understand and Use the Nutrition Facts Label"



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# PATTERNS

**DATES**

# Assignments



This ASSIGNMENT is worth a maximum of 10 points and **is due in the D2L Assignment folder “Cellular Disease”** by the due date listed in **your course calendar**. Files submitted after the posted due date and time will receive a grade of “0”.

ASSIGNMENT  
folders

CS- Heart Disease ▾ 🔑	16	0	0	Sep 30, 2018 8:00 PM
CS-Proteins ▾ 🔑	17	0	0	Oct 7, 2018 8:00 PM
Vitamin Presentation ▾ 🔑	15	0	0	Oct 14, 2018 8:00 PM
CS - Minerals ▾ 🔑	8	8	0	Oct 21, 2018 8:00 PM
Eating Disorders ▾ 🔑	0	0	0	Nov 4, 2018 8:00 PM
CS-Nutrition and Fitness ▾ 🔑	0	0	0	Nov 11, 2018 8:00 PM
Food Safety Plan ▾ 🔑	0	0	0	Nov 19, 2018 8:00 PM
A Healthy Diet ▾ 🔑	0	0	0	Dec 9, 2018 8:00 PM

 Evaluate

Oct 9, 2018

7:17 PM



 Evaluate

Oct 10, 2018

10:07 AM



Oct 10, 2018

10:02 AM





You can do  
the same  
thing with  
Discussions!



CC Image courtesy of Jay Malone

Calendars



Create Event

Set Dates

Import Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 CS- H8:00 PM MyPlaz8:00 PM	1	2	3 CVS P8:00 PM CS - H8:00 PM CS - B8:00 PM CS - B8:00 PM	4	5	6
7 CS-Pr8:00 PM	8	9	10 Final I8:00 PM Blood 8:00 PM Skelet8:00 PM Axial !8:00 PM	11	12	13
14 Vitam8:00 PM	15	16	17 Rabbi8:00 PM CS - F8:00 PM CS-Re8:00 PM CS - A8:00 PM	18 Submi8:00 PM Submi8:00 PM	19	20



**HANDS OFF SAVES TIME**



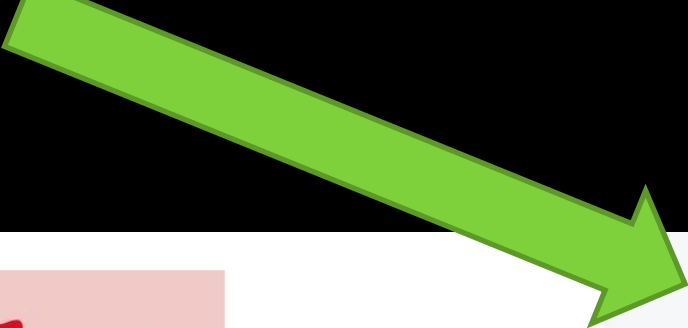
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DATES



**FUN TOOLS**

Links



# Mid-Term EXAM

Hello, Jane. A gentle reminder that your midterm examination for this class may be taken between 8 AM October 22 and 8 PM October 23rd.

If you chose the instructor-proctor option at the beginning of the semester, you will be taking your midterm examination on Monday, October 22 on the Brooklyn Park campus, Room H-215. The proctor will be available from 12PM to 5 PM. Plan to arrive by 330 PM to complete the examination prior to the 5 PM proctor deadline.

If you chose the Testing Center option at the beginning of the semester, be sure to schedule an appointment with the Testing Center during the dates and times listed above. Schedule your appointment well in advance to ensure there is a spot open.

**MARK THE DATE AND TIME OF YOUR EXAMINATION ON YOUR CALENDAR SO YOU DO NOT "MISS" YOUR EXAM!!** You must provide your own computer and bring a valid picture ID to the examination.

## Links ▾

### BIOL 2125-35 Anatomy and Physiology I Links

#### ▼ Important Course Documents

[Course Syllabus](#)

[Course Calendar](#)

[Dates-At-A-Glance](#)

#### ▼ Accessibility

[HTC Disability Services](#)

[D2L Brightspace Accessibility Information](#)

[Adobe Products Accessibility](#)

[Adobe Presenter](#)

[Softchalk Interactive Activities](#)

[Microsoft Products](#)

[Oracle](#)

[Apple Accessibility](#)

[Mozilla Firefox](#)

#### ▼ Learner Support

[MnSCU D2L Brightspace Learner Support Services](#)



## ▼ Links

### ▼ Important Course Documents

[Course Syllabus](#)

[Course Calendar](#)

[Dates-At-A-Glance](#)

### ▼ Accessibility **8.6**

[HTC Disability Services](#)

[D2L Brightspace Accessibility Information](#)

[Adobe Products Accessibility](#)

[Adobe Presenter](#)

[Softchalk Interactive Activities](#)

[Microsoft Products](#)

[Oracle](#)

[Apple Accessibility](#)

[Mozilla Firefox](#)

### ▼ Learner Support **GS 7**

[MnSCU D2L Brightspace Learner Support Services](#)

# Checklists



Course Home

Course Materials ▾

Communication ▾

Assessments ▾

Resources ▾

Links

Course Admin



BIOL 2

Calendar

Checklist

Content

FAQ

Glossary



Anatomy and Physiology I





## Required

---

- View Lecture Presentations
- Read Clinical Applications: Medical Imaging in Saladin text
- Lab Activity - Organ Systems and Terminology
- Upload Photos of your lab activity as per the instructions to the appropriate ASSIGNMENTS Dropbox  
See instructions with your laboratory materials for this module.
- Complete the Anatomic Terminology worksheet - (self-study)
- Take Module 01 QUIZ by date listed in course calendar.
- Take Lab QUIZ - Organ Systems and Terminology by date listed in course calendar.

## Optional

---

- Complete the "Body Systems" Concept Map
- Investigate textbook web resources
- Investigate ancillary resources listed in Module Overview

FAQs



ARRRGH!  
Not that one  
AGAIN!!!





Course Home

Course Materials ▾

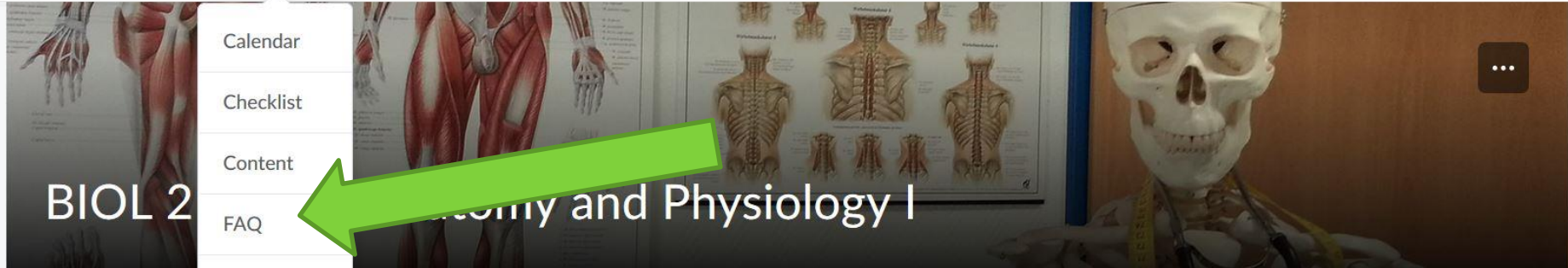
Communication ▾

Assessments ▾

Resources ▾

Links

Course Admin



Calendar

Checklist

Content

FAQ

Glossary

BIOL 2

anatomy and Physiology I



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# TOOLS





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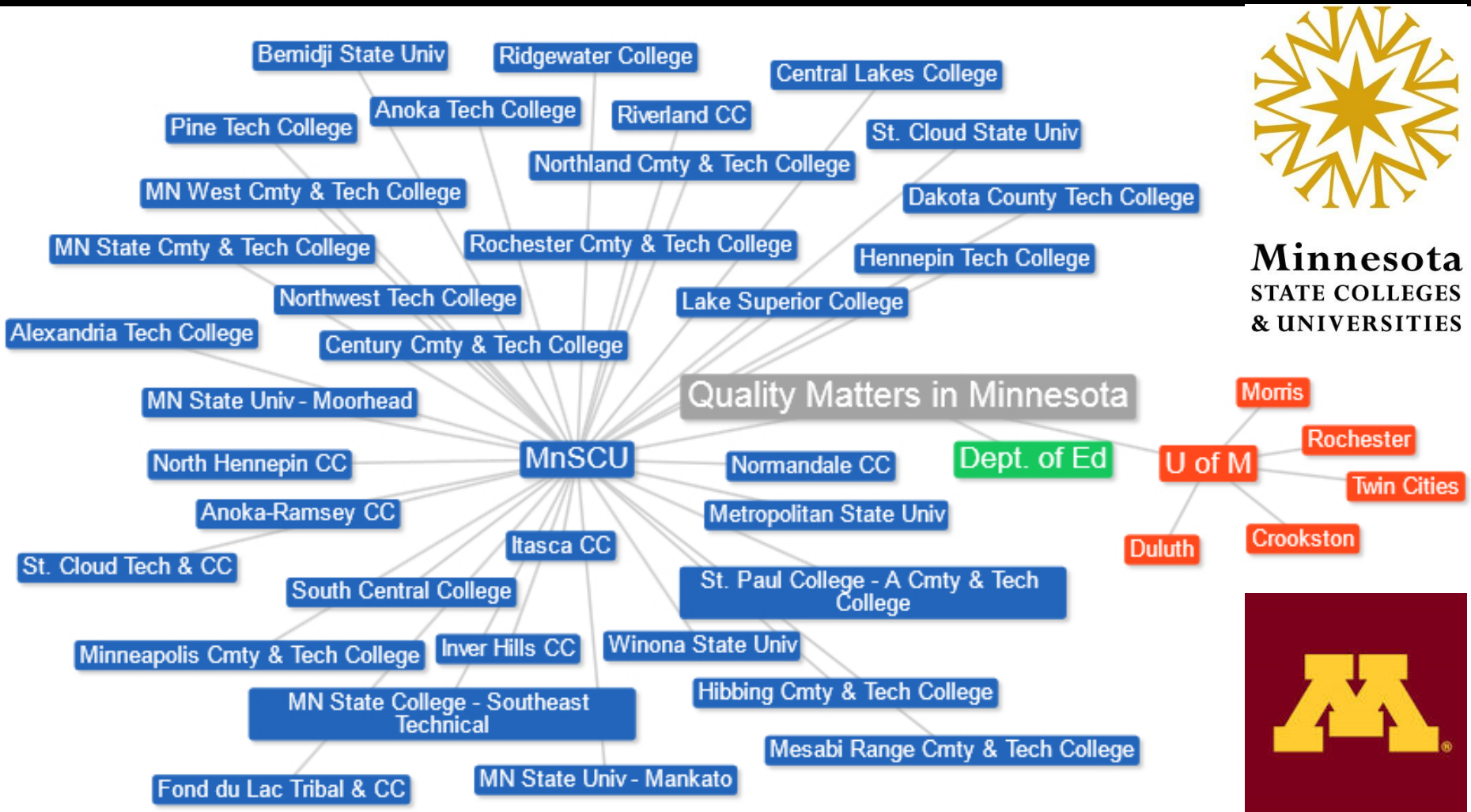
# HANDS OFF SAVES TIME







# Affiliate Institutions



**Thinking...**



**PLEASE WAIT**



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